

## JULY 6-8

**Tandem Weekend 2007**  
Road cycling: 25, 45, 68 mi.  
Times: Sat. 8am, Sun. 7:30am.  
Place: Hammonton, NJ  
Contact: 856-451-5104  
Email: contact@tandemseast.com  
Website: www.tandemseast.com

## JULY 7

**Iron Hill Criterium**  
Road cycling: 30, 40, 60K.  
Place: West Chester, PA  
Website: www.ironhilltwilightcriterium.com

## **2007 Southampton**

**Lion's 5K Run For Sight**  
Road/trail running.  
Time: 9am  
Place: Southampton, PA  
Contact: 215-355-4553

## JULY 8

**CC Evesham**  
Road cycling.  
Place: Evesham, NJ  
Website: www.ccevesham.net

## **Lakewood Blue Claws Grand Prix Road cycling.**

Place: Lakewood, NJ  
Website: www.teamysg.com

## **Philadelphia Women's Triathlon/Duathlon**

Multi-sport (duathlon/triathlon) sprint.  
Time: 8am  
Place: Fairmount Park, Phila., PA  
Contact: 856-308-7522  
Email: mredrow@cgiracing.com  
Website: www.cgiracing.com

## **Open Water Swim Clinic Multi-sport (duathlon/triathlon)**

Time: 8am-noon  
Place: Nockamixon State Park, Quakertown, PA  
Website: www.highroadcycles.com

## **DVOA Orienteering at French Creek**

Time: 10am-1pm  
Place: French Creek State Park, PA  
Contact: 610-792-0502  
Email: cass5205@aol.com  
Website: www.dvoa.org

## **Philadelphia Canoe Club Open House**

Paddle sports (kayaking/canoeing/rowing/rafting).  
Time: 10am-4pm  
Place: PCC Clubhouse, Philadelphia, PA  
Email: erbacher@temple.edu  
Website: www.philacanoec.org

## JULY 11

**Splash and Dash Swim/Run Duathlon**  
Multi-sport (duathlon/triathlon) .25 ms, 5 kr.  
Time: 7pm  
Place: Marlton Lakes, NJ  
Contact: 856-858-7835  
Website: www.dqtridu.com

## **Pine Barrens No Frills Splash Multi-sport (duathlon/triathlon)**

Time: 6:30-8:30pm  
Place: Atsion Lake Rec Area, NJ  
Contact: 856-784-6000  
Email: info@pinebarrenstri.org  
Website: www.pinebarrenstri.org

## JULY 14

**Tryad Adventure Challenge #6**  
Adventure racing/adventure sports 15 mi.  
Time: 8:30am  
Place: Valley Forge Visitors Center, PA  
Email: dan@tryad-pt.com  
Website: www.tryad-pt.com

## **Brandywine Creek State Park Hike**

Hiking/backpacking/birding 10 mi.  
Time: 10am  
Place: Brandywine Creek State Park; meet near Concord Mall.  
Email: publicity@amcdv.org

## **Washington State Park Nature Hike**

Hiking/backpacking/birding 4 mi.  
Time: 9am  
Place: Ft. Washington State Park, PA  
Email publicity@amcdv.org

## **Willie's Run 5K**

Time: 9am  
Place: Sundstrom Park, Pottstown, PA  
Contact: 610-327-0355  
Email: dfitch@axs2000.net

## JULY 15

**American Cancer Society Bike-A-Thon**  
Road cycling: 20.9, 54.9, 69.3, 100 mi.  
Time: 8:30am  
Place: Philadelphia, PA to Buena, NJ  
Contact: 215-985-5401  
Email: philadelphia.bike@cancer.org  
Website: www.acsbike.org

## JULY 16-27

**2007 Nature Kids Day Camp Session 3**  
Hiking/backpacking  
Place: Ridley Creek State Park, Media, PA  
Contact: 610-892-3908  
Email: ra-nrspridlenved@state.pa.us  
Website: www.dcnr.state.pa.us/stateparks/park/s/ridleycreek.aspx

## JULY 18

**Wissahickon Top to Bottom**  
Hiking/backpacking/birding 7 mi.  
Time: 6:30pm  
Place: Wissahickon State Park, Philadelphia, PA  
Email: publicity@amcdv.org

## **Mt. Holly-Smithville Cycling Grand Prix**

Road cycling  
Place: Mt. Holly, NJ  
Website: www.co.burlington.nj.us/announcements/bikerace/

## JULY 22

**DVOA Orienteering at Valley Forge**  
Time: 10m-1pm  
Place: Valley Forge Park, PA  
Contact: 610-792-0502  
Email: cass5205@aol.com  
Website: www.dvoa.org

## **Run for Hope 5K**

Road/trail running.  
Place: Langhorne, PA  
Website: www.runforhope5k.com

## **Pine Barrens No Frills Splash**

Multi-sport (duathlon/triathlon).  
Time: 6:30-8:30pm  
Place: Atsion Lake Rec Area, NJ  
Contact: 856-784-6000  
Email: info@pinebarrenstri.org  
Website: www.pinebarrenstri.org

## **6th Downtown Westfield 5K Road/trail running.**

Time: 7pm  
Place: Westfield, NJ  
Contact: 732-381-0318  
Email: mzrace@oymp.net  
Website: www.oymp.net

## JULY 28

**Heritage Corridor River to River Ride**  
Road cycling: 25, 50, 75, 100 mi.  
Time: 7am  
Place: Souderton, PA  
Email: info@pedalpa.com  
Website: www.pedalpa.com

## **Moonlight Hike at Valley Forge**

Hiking/backpacking/birding 6 mi.  
Time: 7:30pm  
Place: Valley Forge, PA  
Email: publicity@amcdv.org

## **Meelard Shuffle 5K-XC Race**

Road/trail running.  
Time: 9am  
Place: Elverson, PA  
Place: www.meelardshuffle.com

## JULY 30

**Leukemia & Lymphoma Society meeting**  
Learn about Team in Training: it provides all of the training, support and inspiration that you need -- you raise funds for life-saving cancer research.  
Time: 6:30pm  
Place: High Road Cycles, 73 Old Dublin Ave., Doylestown, PA  
Website: www.teamintraining.org/epa

## JULY 31

**Leukemia & Lymphoma Society meeting**  
Learn about Team in Training: it provides all of the training, support and inspiration that you need -- you raise funds for life-saving cancer research.  
Time: 6:30pm  
Place: Whole Foods Market, 2001 Pennsylvania Ave., Philadelphia, PA. Garage parking only. Also, Abington Memorial Hospital, Beardwood Auditorium, 1200 Old York Road, Abington, PA.  
Website: www.teamintraining.org/epa

## AUG. 2

**Leukemia & Lymphoma Society meeting**  
Learn about Team in Training: it provides all of the training, support and inspiration that you need -- you raise funds for life-saving cancer research.  
Time: 6:30pm  
Place: Chester County Library, 450 Exton Square Parkway, Exton, PA  
Website: www.teamintraining.org/epa

## AUG. 4

**Quaker City Masters Regatta**  
Paddle sports (kayaking/canoeing/rowing/rafting)  
Place: Philadelphia, PA  
Website: www.fairmountrowing.org

## AUG. 5

**SheROX Philadelphia Triathlon**  
Multi-sport (duathlon/triathlon) .8K, 25K, 3.1K.  
Time: 8am  
Place: Fairmount Park, Philadelphia, PA  
Contact: 215-517-4989  
Email: barb@sheroxtri.com  
Website: www.sheroxtri.com

## AUG. 8

**Pine Barrens No Frills Splash**  
Multi-sport (duathlon/triathlon).  
Time: 6:30-8:30pm  
Place: Atsion Lake Rec Area, NJ  
Contact: 856-784-6000  
Email: info@pinebarrenstri.org  
Website: www.pinebarrenstri.org

## **Twilight 5K Road Race**

Road/trail running.  
Time: 6:45pm  
Place: Upper Main Line YMCA, Berwyn, PA  
Contact: 610-647-9622  
Email: dfitch@axs2000.net

## **Legs for Lindsey 5K**

Road/trail running.  
Time: 6pm  
Place: Collegeville, PA  
Website: www.sebastianriding.org

## AUG. 11

**Dog Daze Century**  
Road cycling.  
Place: Chester County, PA  
Website: www.brandywinebicycleclub.org

## AUG. 12

**Tour de Medford Bike Races**  
Road cycling. Sponsored by Medford Recreation Dept.  
Time: 8am-2pm  
Place: Medford Village Area, Medford, NJ

## **DQ Triathlon at Kings Grant**

Multi-sport (duathlon/triathlon) S 1/4m, B 10m, R 5K.  
Time: 8am  
Place: Marlton, NJ  
Contact: 856-858-7835  
Email: cisellers@comcast.net  
Website: www.dqtridu.com

## **Lehigh Valley Steelman Sprint Triathlon**

Multi-sport (duathlon/triathlon)  
Time: 7am  
Place: Nockamixon State Park, PA  
Contact: 484-894-3253  
Email: dwinterhoff@flowserve.com  
Website: www.lin-mark.com/steelman.htm

## AUG. 13-24

**Nature Kids Day Camp Session 4**  
Hiking/backpacking.  
Place: Ridley Creek State Park, Media, PA  
Contact: 610-892-3908  
Email: ra-nrspridlenved@state.pa.us  
Website: www.dcnr.state.pa.us/stateparks/park/s/ridleycreek.aspx

## AUG. 18

**Trimax Gifford Pinchot Triathlon**  
Place: Gifford Pinchot State Park, Lewisberry, PA  
Website: www.trimaxendurancesports.com

**AUG. 19**  
**DVOA Orienteering at French Creek**

Time: 10am-1pm  
Place: French Creek State Park, PA  
Contact: 610-792-0502  
Email: cass5205@aol.com  
Website: www.dvoa.org

**AUG. 25-26**  
**Livestrong Challenge 5K**

Road/trail running.  
Place: Montgomery Co. CC, Philadelphia, PA  
Contact: 888-424-2553  
Email: livestrongchallenge@laf.org  
Website: www.livestrong.org

**AUG. 26**  
**SCU Lake**

Nockamixon Century Bicycle Ride  
An event from Suburban Cyclists Unlimited (SCU)  
Place: Start from Central Bucks South High School, 1100 Folly Road, Warrington, PA. Ride scenic routes in Bucks County of 25, 50, 75, or 100 miles over rolling terrain.  
Contact: 215-234-0170  
Website: <http://www.suburbancyclists.org/>

**AUG. 26**  
**State Criterion Championship**  
Road cycling.  
Place: Marlton, NJ  
Website: [www.njbikeracing.com](http://www.njbikeracing.com)

**ONGOING**

**Friday Night Fitness Hike**  
Hiking/backpacking 8-10 mi.  
Time: Fridays, 7pm  
Place: New Lisbon, NJ  
Contact: 609-758-4768  
Website: [www.ocsj.org](http://www.ocsj.org)

**Cherry Hill Road Bike Ride**  
Date and Time: Saturdays, 8am  
Place: Keswick Cycle, Cherry Hill, NJ  
Contact: 856-795-0079  
Email: salesstaff@keswickcycle.com  
Website: [www.keswickcycle.com](http://www.keswickcycle.com)

**Sunday Morning Mountain Bike Rides**  
Time: 9am  
Place: Valley Green Inn in the Wissahickon Park, Philadelphia, PA  
Contact: 215-885-7433  
Email: salesstaff@keswickcycle.com  
Website: [www.keswickcycle.com](http://www.keswickcycle.com)

**Free Bike Tire-Changing Clinic Road Cycling**  
Date and Time: 1st Saturday each month, 9:30am  
Place: Bikesport in Trappe, PA  
Contact: 610-489-7300  
Email: info@bikesportbikes.com  
Website: [www.bikesportbikes.com](http://www.bikesportbikes.com)

**Coed Adult Sports Leagues**  
Evenings and weekends.  
Place: Philadelphia, PA  
Contact: 215-483-9340  
Website: [www.phillysportandsocial-clubs.com](http://www.phillysportandsocial-clubs.com)

**Women Only Climbing Clinic**  
Climbing (rock/ice)  
Date and Time: Last Friday, 6:30-8pm  
Place: Philadelphia, PA.  
Contact: 215-928-1800  
Website: [www.govertical.com](http://www.govertical.com)

**Philly Bike Club Rides**  
Website: [www.phillybikeclub.org](http://www.phillybikeclub.org)  
Sunday B Ramble (Class B)  
Cycling -- Road 40 mi. Noon.  
Philadelphia, PA.

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Sunday Morning Breakfast Ride  
Cycling -- Road up to 30 mi. 8:45am.  
Philadelphia, PA.  
Sunny Sunday Spin-Off Ride.  
Cycling -- Road 25-30 mi. Level: A.  
12:15pm. Philadelphia, PA.

**Wissahickon Wanderers Fun Runs**  
Running -- Road/Trail 4-5 mi.  
Dates and Times: Th., 6:30pm; Sat., 8am  
Place: Valley Green Inn, Wissahickon, PA

**Wissahickon Wanderers Loop Runs**  
Running -- Road/Trail 8.4 mi.  
Date and Time: Mon., 6:30pm  
Place: Lloyd Hall, Philadelphia, PA

**Weekly Training Sessions**  
Road/trail running. 4-18 mi.  
Date and Time: Tues., 6pm; Wed., 6:30pm; Sat., 8am.  
Place: CCRS, West Chester, PA  
Contact: 610-696-0115  
Website: [www.runccrs.com](http://www.runccrs.com)

**Landskaters**  
The Landskaters Inline Skate Club promotes the sport of inline skating in Philadelphia. It prides itself on its passion for the sport of inline skating; its purpose is to promote safety, fun and learning for experienced inline skaters and newcomers alike. Landskaters have a membership several hundred strong and growing, and are dedicated to increasing enthusiasm for the sport of inline skating through its city skates (in season: April-October), group events and fun trips. The Landskaters of Philadelphia take an active role in National Skate Patrol, Inline Town Watch and Fairmount Park Patrol. If you're relatively new to inline skating, and haven't yet tried a city skate, try the recreational roll the first Sunday of each month (in season). Sunday Evening Recreational Roll For beginning skaters.  
Date and Time: First Sundays, May-Sept., 6-8pm  
Place: Art Museum, Philadelphia, PA  
Sunday City Skate For intermediate skaters.  
Date and Time: Every Sunday, April-Oct., 10am-12:30pm  
Place: Art Museum, Philadelphia, PA  
Tuesday Night City Skate For experienced skaters.  
Date and Time: Every Tuesday, April-Oct., 7-10pm  
Place: Art Museum, Philadelphia, PA  
Email: info@landskaters.org  
Website: [www.landskaters.org](http://www.landskaters.org)

**Delco Road Running Club**  
The club has these ongoing weekly fun runs/walks:  
Harris Elementary School, Collingdale, PA. Saturdays, 9am.  
Media Community Center, Media, PA. Saturdays, 9am.  
Springfield Library, Springfield, PA. Sundays, 7:30am, 9am.  
Ridley Area YMCA, Secane, PA. Mondays, 6:30pm.  
Springfield Library, Springfield, PA. Tuesdays, 6:30pm.  
Swarthmore Presbyterian Church, Swarthmore, PA. Wednesdays, 6:30pm.  
Springfield Library, Springfield, PA. Thursdays, 6:30pm.  
Contact: Jason Sevick, 610-476-3722  
Address: Delco Road Running Club, P.O. Box 1811, Media, PA 19063

Email: info@delcorrc.org  
Website: <http://www.delcorrc.org>

Strength training for older adults "Stretch Your Limits" flexibility and strength-training class for adults over age 55.  
Fitness instructor and cardiac nurse Lonnie A. Sebastian, MSN, RNC, guides participants through a routine of exercises specially developed for older adults. Resistance tubes are used to further build strength and tone muscles. Cost is \$5 per class and a resistance tube is \$8.  
Dates and Times: Mondays from 3 to 4pm and on Thursdays from noon to 1pm  
Place: The Clothier Building Auditorium at Bryn Mawr Hospital, 130 S. Bryn Mawr Ave., Bryn Mawr, PA  
Contact: Call 610-526-8720 for more information.

**Sunday Afternoon Wildflower Walks**  
Join this pleasant walk in search of seasonal bloomers in Tyler Arboretum's meadows and woodlands. Free with admission; no pre-registration is required. Call for information.  
Time: 1:30-3:30pm  
Place: Tyler Arboretum, 515 Painter Road, Media, PA  
Contact: 610-566-9134

**Seasonal Bird Walks**  
Discover much more than just birds during this informative nature exploration. All levels of birders are welcome. Bring bird guides and binoculars and wear comfortable walking shoes. Free with admission; no pre-registration required.  
Date and Time: Wednesdays, 8:15-10:15am  
Place: Tyler Arboretum, 515 Painter Road, Media, PA  
Contact: 610-566-9134

**Indoor Trainer Bike Rides**  
Level: Fun.  
Dates, Times and Places: Tuesdays, 5:30pm, Wayne, PA; Wednesdays, 6pm, Doylestown, PA  
Contact: 215-348-8015  
Website: [www.highroadcycles.com](http://www.highroadcycles.com)

**Bicycle Coalition Volunteer Night**  
Date and Time: 6-8pm, 2nd Tuesdays  
Place: Philadelphia, PA  
Contact: 215-BICYCLE  
Email: info@bicyclecoalition.org  
Website: [www.bicyclecoalition.org](http://www.bicyclecoalition.org)

**DV Mountain Bike Patrol Bike Trail Repair**  
Date and Time: 4th Saturday of the month, 10am-midday  
Place: Philadelphia, PA  
Contact: 215-991-3272  
Website: [www.fow.org](http://www.fow.org)

**Wissahickon Gorge Night Hikes**  
Appalachian Mountain Club, 6-7 miles, fast pace.  
Date and Time: Mondays, 6:30pm  
Place: Meet at Valley Green Inn, Fairmount Park, Philadelphia, PA  
Contact: 610-667-1144  
Email: pauld@worldlynx.net  
Wissahickon Wanderers Trail Run 4-5 miles.  
Date and Time: Every Thursday, 6:30pm  
Place: Start at Valley Green, Fairmount Park, Philadelphia, PA

Contact: 215-849-9080  
Website: [www.wanderersrunning-club.org](http://www.wanderersrunning-club.org)

**Wissahickon Wanderers Run with Shawmont Running Club**  
For all levels.  
Date and Time: Saturdays, 8am  
Place: Start at Forbidden Drive off Northwestern Avenue in Andorra, Philadelphia, PA  
Contact: 215-849-9080  
Website: [www.wanderersrunning-club.org](http://www.wanderersrunning-club.org) and [www.shawmontrunning-club.com](http://www.shawmontrunning-club.com)

**Wissahickon Wanderers Fun Run**  
Date and Time: Every Saturday, 8am  
Place: Start at Valley Green, Fairmount Park, Philadelphia, PA  
Contact: 215-849-9080  
Website: [www.wanderersrunning-club.org](http://www.wanderersrunning-club.org)

**Wissahickon Valley Hike**  
With PhilaVentures: William Way Lesbian, Gay, Bisexual and Transgender Community (LGBT) group sponsors a two-to-three hour hike every week.  
Date and Time: Meets every Sunday afternoon, 2pm at Borders Book Store in Chestnut Hill, Philadelphia, PA  
Contact: Call 856-767-8938  
Email: joehagenmayer@yahoo.com  
Website: [www.fow.org](http://www.fow.org)

**Hike on Trails Not Often Tronded**  
Date and Time: Last Saturday of every month, 10am with lunch afterwards at local spot.  
Place: Meet at Sedgwick Gardens Apartments, McCallum and Sedgwick Sts., Mt. Airy, Phila., PA.  
Website: [www.mrbasketball.net/hike/hike/html](http://www.mrbasketball.net/hike/hike/html)

**Blood-Pressure Screening**  
Free blood-pressure screening offered the second Tuesday of the month. Drop in; no appointment is necessary.  
Time: Tuesdays, 12:30-2pm  
Place: Women's Exchange, 185 E. Lancaster Ave., Wayne, PA  
Contact: 610-696-8312, ext. 113

**Support Group for People With Cancer**  
This support group for people with cancer meets every Tuesday evening.  
Time: Tuesdays, 6:30-8:30pm  
Place: Paoli Hospital Cancer Center, 255 W. Lancaster Ave., Paoli, PA  
Contact: 215-879-7733

**Stretch Your Limits Exercise Program**  
This unique exercise program is for married couples and single adults over age 55. It includes resistance training with elastic tubing, stretching with chair, Tai Chi and modified yoga, and light aerobic warm-up. Fee is \$5/class and \$8 for resistance tubing (\$6 for Main Line Health Premier Years members). Call for information.  
Time: 3:30-4:30pm Mondays; noon-1pm Thursdays  
Place: Bryn Mawr Hospital Clothier Building, Bryn Mawr, PA  
Contact: 610-526-8720

**Eastern Pennsylvania Ski Council**  
Website: <http://www.easternpaski-council.org/>